



WISE PATHS TO THE HEART

4. Warm Heart Fitness

BUDDHIST MIND SCIENCE
ACTIVATING YOUR POTENTIAL

An FPMT Introductory Course



Practicing the Four Immeasurables

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Practice Time

Meditation on Immeasurable Loving-Kindness



...WITH THE BRAHMAVIHĀRA SUTTA

- Recall a moment of loving-kindness, or someone who triggers this in you
- Stay in the experience for a while
- Let an awareness imbued with goodwill pervade the space in front of you
 - ... and the space to the right
 - ... and to space at the back
 - ... and to your left
 - ... and above and below



Meditation on Immeasurable Loving-Kindness



...WITH THE BRAHMAVIHĀRA SUTTA

- As the sun, let this awareness imbued with loving-kindness be all around you, pervading the whole space
- Is your mind more open and encompassing?
- You may recite the verse of the four immeasurable attitudes
- Dedicate the positive energy



How to Practice the Four Immeasurables

1. Get familiar with the subject
2. Explore the advantages of having it and the disadvantages of not having it and having the opposite (the “far enemy”)
3. Actual meditation
 - i. With specific beings
 - ii. Expanding it to all directions



Actual Meditation with Specific Beings

Lovingkindness

Transcendental

Compassion

Symmetrical Joy

Equanimity

1. Yourself
2. Someone you respect
3. A very dear friend
4. A neutral person
5. A hostile person

1. Someone greatly suffering
2. Someone creating strong negative karma
3. Yourself
4. A dear person
5. A neutral person
6. A hostile person

1. A jolly dear person
2. Yourself
3. A dear person
4. A neutral person
5. A hostile person

1. A neutral person
2. A dear person
3. A jolly dear person
4. A hostile person
5. Yourself



Actual Meditation Expanding It to All Directions



1. Bring to mind the experience of loving-kindness
2. Pervade the east, in front of you, with that loving-kindness
3. Likewise, pervade the south, at your right
4. Then, the west, at your back
5. The north, at your left
6. Thus, above and below
7. Extend it to all directions, everywhere
8. Intensify it

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Practice Time

Practicing the Immeasurables



BRINGING WISDOM INTO THE FOUR

While meditating on the four immeasurables, bring awareness to the following:

- *Duhkha*: Notice how highly conditioned we are, and how this determines our experiences
Notice how this leads to duhkha



Practicing the Immeasurables



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BRINGING WISDOM INTO THE FOUR

- *Impermanence*: Notice how circumstances and beings are impermanent, we will all die
Our relationship (friends, enemies, ...) change; what does not change is the common ground of our yearning for happiness and not to suffer
- *Non-self*: Observe how, even though you have a sense of "I" or "other," these are layers hiding a far richer and more complex reality





Replacing Afflictions with the Four Immeasurables

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Replacing Afflictions with the Four Immeasurables

- Attachment with loving-kindness
- Aversion with compassion
- Jealousy with sympathetic joy
- Indifference with equanimity



Replacing Attachment with Loving-Kindness



- Attachment does not lead to lasting happiness
- Cultivate a **caring attitude**, let it go, and return to the object of attention—in meditation
- At any moment of attachment, you may imagine **sharing with others** what you enjoy, with loving kindness

Photo by Elaine Casap - Unsplash



Replacing Aversion with Compassion



- By following aversion we create causes of duhkha
- Cultivate **compassion**, let it go, and return to the object of attention—in meditation
- At any moment of aversion, imagine that **aversion and suffering diminish**, with compassion

Photo by Liz Fitch - Unsplash



Replacing Jealousy with Sympathetic Joy



- When longing for others successes or possessions
- **Rejoice**, let it go, and return to the object of attention—in meditation
- At any moment of jealousy, replace it with **joy** at others' successes or possessions

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Replacing Indifference with Equanimity



- Feeling indifference towards the object of attention we disengage from it and look for something more interesting, usually following attachment and aversion's dictates
- With **equanimity**, return to and stay on the object of attention
- At any moment of indifference, cultivate **interest and equanimity** instead

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Practice Time

Replacing the Three Root Afflictions



...WITH THE FOUR IMMEASURABLES

- Stabilize the mind with awareness of the breath or of the mind
- Notice how the mind has the tendency to get distracted



Replacing the Three Root Afflictions



...WITH THE FOUR IMMEASURABLES

- Observe what is beneath such tendency: What triggers it? Are pleasant, unpleasant, and neutral sensations involved? Do you notice a tendency to chase after it, run away, or ignore them, respectively?



Replacing the Three Root Afflictions



...WITH THE FOUR IMMEASURABLES

- Whenever you are distracted, try the following:
 - If attachment predominates, bring loving-kindness in
 - If aversion predominates, bring compassion in
 - If jealousy predominates, bring sympathetic joy in
 - If indifference predominates, bring equanimity in

